

Paneer & Peas (Matar Paneer) Recipe

Servings 4- 5| Prep Time 10 mins| Cook Time 7-10 mins

Frozen peas take a bit longer to cook as compared to when thawed



- 1 Either buy paneer or check my video of making cottage cheese.



Then cut it into required small squares.

Blend onions in a blender and keep it separate.

Wash fresh or thawed peas.



- 2 Add oil in a pan. Add cardamom, cumin, clove & roast on medium heat till they turn a bit dark.

Add blended onions & roast till they turn brown (not super brown)

Add blended ginger, garlic, tomatoes paste & cook till the tomato water evaporates.



- 3 Add a cup of water into the pan for gravy.

Add peas, mix & add paneer.

Add all the spices. Mix them properly. Cook on medium heat. It's done when peas are as per your requirement (soft or crunchy).

Garnish with Coriander & relish warm.

You can either make it dry or with gravy.

Ingredients

- 250 gms of Paneer/Cottage Cheese
- 1 cup fresh or thawed peas
- 1 onion
- 3 small tomatoes
- Slice of ginger
- A clove of garlic
- 1.5 tsp salt
- 0.5 tsp turmeric
- 1 tsp coriander powder
- 1 tsp Cumin seeds
- 1/4 tsp Garam Masala
- 1 Black Cardamom
- 1 clove
- A spoon of vegetable oil or butter



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